

Esophageal Manometry

24 Hour/Ambulatory pH Probe Test

What is a 24 Hour/Ambulatory pH Probe Test?

24 hour ambulatory pH probe monitoring is a test that measures the amount, duration, frequency, and acidity of acid juices refluxing (backing up) into the esophagus (food tube) from the stomach. During this procedure, a thin probe or catheter is passed through the nose into the esophagus. The probe is connected to a small computerized unit. This unit is able to record the pH or acid levels in your esophagus over a 24 hour period. Please note that the tube will remain in place for 24 hours.

You will be asked to keep a diary and push buttons on the unit to record your daily activities, such as eating and sleep periods and also when you experience your typical symptoms. We can then correlate these events and activities with acid levels in your esophagus and determine if your reflux is extending into the vocal cord area. We want you to be as active as possible during the test and try to perform activities which may induce symptoms.

Plan to Do in Advance

1. Medications, Vitamins and Supplements

To properly prepare for your procedure, you may need to make certain changes to your daily medication routine

If you take **Prilosec (Omeprazole), Prevacid (Lansoprazole), Nexium (Esomeprazole), Protonix (Pantoprazole), Tagamet (Cimetidine), Axid (Nizatidine), Pepcid (Famotidine), Zantac (Ranitidine), Propulsid (Cisapride), Reglan (Metoclopramide), Levsin, Bentyl (Dicyclomine), or Levsinex (Hyoscyamine)** check with us at least 10 days in advance to determine if these medications should be discontinued.

Liquid antacids may be taken up until midnight of the night before your procedure.

Certain medications should be continued prior to your ambulatory 24 hour pH probe test. If you take cardiac (heart) or anti-hypertensive (high blood pressure) pills, take them as you normally do with small sips of water.

It is extremely important that these instructions are followed in order to ensure a valid test result. If you are unsure whether you need to stay on certain medications or not, please call our office at 828 322-2183 so that the test will be done correctly.

2. In addition to changes to your medication, you'll also need to:

Bring a list of all your medications (prescription medications, over-the-counter medications and eye drops) with you on the day of your procedure. You may bring the medication bottles themselves.

Be prepared to list and describe your ALLERGIES and REACTIONS to any medications.

On the Day Before Your Procedure

To ensure the most accurate results possible, it is important that you do not eat or drink anything after midnight on the day before your procedure.

***If you are scheduled for an afternoon procedure**, you may continue drinking small quantities of clear liquids up to 6 hours prior to your scheduled arrival time.

CLEAR LIQUIDS: water, apple juice, ginger ale, sprite, beef or chicken broth WITHOUT noodles, coffee or tea WITHOUT cream or milk, most sodas, sherbet, popsicles, and Jell-O that is not red or orange. DO NOT DRINK ANYTHING RED OR ORANGE.

*If your physician wants you to continue taking your medications for the test, please take them with a small sip of water. REMEMBER: you may take liquid antacids up until midnight.

On the Day Of Your Procedure

1. On the day of your 24 hour ambulatory pH probe test, please come directly to the requested location at your scheduled arrival time and check in with the receptionist.
2. The first part of the test will consist of monitoring pressures in your esophagus. Your nose and throat will be anesthetized. A thin catheter will be passed from your nose into your stomach. This will be withdrawn slowly in order to monitor pressures in your esophagus. You will be asked to drink water several times during this procedure. This part of the test takes approximately 45 minutes.
3. After this, your nose and throat will again be anesthetized. A thin monitoring probe will be placed into your nose. This probe will stay in place for 24 hours. We will review in detail what you should expect

After Your Procedure

1. Once you return home, **we want you to be as active as usual and to eat regular meals.**
2. Follow the instructions for the 24 hour pH that the staff gives you.
3. The day after the procedure, you must return to our office to have the tube removed. You must also bring the diary with you.
4. Your physician will review the information recorded by the computer. The results will be discussed with you during your follow-up appointment or will be sent to your referring physician..

Any information provided on this Web site should not be considered medical advice or a substitute for a consultation with a physician. If you have a medical problem, contact your local physician for diagnosis and treatment.